

WIC-ga Vermont (Vermont WIC)

Soomaali (Somali)

AWOOD, CAAFIMAAD, IYO FARXAD.

(Strong, Healthy, and Happy.)

DOONO WIC-GA ILAA ILMAHAAGA UU KA GAARAAYO 5 SANO.

WIC-ga waxa uu halkaan u joogaa ilmahaaga inta uu ka gaaraayo da'da 5 sano jirka. Wadajir waxaan u abuuri karnaa nolol caafimaad leh oo lagu jaangooyo cunto caafimaad leh, waxqabadyo lagu baranaayo nafaqada, iyo waxyaabo kale oo badan! iyadoo eWIC-ga uu ku siinaayo ikhtiyaaraad cunto caafimaad leh, kugu haboon, la badbadalan karo.

(CHOOSE WIC UNTIL YOUR CHILD IS 5.

WIC is here for your family until your child turns 5. Together we create a lifetime of healthy habits with healthy food, nutrition activities, and more! And eWIC gives you healthy food options, convenience, and flexibility.)

WIC Wuxuu ku yaboohaa...

Ilaha nafaqada iyo cuntooyinka ee haweenka uurka leh, hooyooyinka naasnuujinaaya ama markaas dhalay, ama carruurta markaa dhashay ilaa ay ka gaarayaan 5 sano, si qoysaska u cunaan cunto caafimaad leh una koraan si caafimaafimaad leh.

(WIC Offers...

Nutrition resources and food to pregnant women, moms who are breastfeeding or have a new baby, and children from birth to age 5 years so families can eat well and grow healthy.)

WIC waxaa loogu talagalay...

Qoysaska leh caruur da'doodu ka yar tahay 5 sano kuwaas oo ah dadka deggan Vermont ee soo buuxiya xeerarka dakhliga. Adigana aad tahay mid dhaqaale ahaan u qalma haddii adiga ama ilmahaaga aad qaadataan Medicaid ama Dr. Dynasaur.

(WIC is for...

Families with children under the age of 5 who are Vermont residents and meet the income guidelines. You are also financially eligible if you or your child currently receives Medicaid or Dr. Dynasaur.)

Maantaba bilaw!

Booqo healthvermont.gov/wic
ama waca 800-649-4357.

(Get started today!

Visit healthvermont.gov/wic
or call 800-649-4357.)

Hay'addni waa bixiyaha fursad loo siman yahay. (This institution is an equal opportunity provider.)

Haddii aad u baahan tahay adeegyo turjumaan, wac 1-800-649-4357 (WIC) ama u sheeg xafiiska deegaankaaga. (If you need interpretation services, call 1-800-649-4357 (WIC) or tell your local office.)

Barnaamijka WIC-ga Vermont & Hagaha adeegashada (Vermont WIC Program & Shopping Guide)

http://www.healthvermont.gov/sites/default/files/documents/pdf/cyf_WIC_Somali_VT-WIC-Program-and-Shopping-Guide.pdf

Cuntooyinka WIC-ga Vermont (Vermont WIC Foods)

http://www.healthvermont.gov/sites/default/files/documents/pdf/cyf_WIC_Somali_VT-WIC-Foods-2018-10.pdf

Fahamka kama dambayska ah ee gargaarka cuntada WIC-ga Vermont (Understanding Vermont WIC Benefits) <https://youtu.be/c82qPIEipNE>

Sida aad u eegi karto haraadiga xisaabtaada WIC-ga (How to Check Your WIC Balance)

<https://youtu.be/Bo41fd7lelA>

Eeg qiyaasta gaarka ah iyo Noocyaada Cuntada (Look for Specific Foods)

<https://youtu.be/HnlLxxasmeU>

Ogow habka lacag bixinta meesha aad ka adeegato (Know the Checkout System)

<https://youtu.be/7OgsnvOUyLE>

5 Talo oo ku saabsan Dukaanmaysi Guul leh (5 Tips for WIC Shopping)

<https://youtu.be/7OgsnvOUyLE>